



RED THAI PRAWN CURRY

with Carrot, Red Pepper and Star Anise Rice



HELLO LEMONGRASS

The scent from lemongrass is used in insect repellents.



-  Vegetable Stock Powder
-  Star Anise
-  Basmati Rice
-  Carrot
-  Red Pepper
-  Garlic Clove
-  Ginger
-  Lemongrass
-  Coriander
-  Red Thai Curry Paste
-  Coconut Milk
-  King Prawns
-  Lime

MEAL BAG 6

 35 mins

 1 of your 5 a day

 Medium heat

If you asked for a 'gaeng ped' in Thailand, this is what you'd get. A red curry fragrant with spices: its heat tempered by coconut milk and served sprinkled with plenty of fresh coriander. Our version includes prawns and lots of veggies and comes with star anise-scented rice.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Peeler, Fine Grater** and **Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Boil the **water** (see ingredients for amount) in a large saucepan on high heat. Stir in **half** the **stock powder** and the **star anise**. Pour in the **rice**, lower the heat to medium and cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** *The rice will finish cooking in its own steam.*



2 PREP THE VEGGIES

While the **rice** is cooking, trim the **carrot** (no need to peel) then slice widthways into ½cm thick diagonal slices. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Use the bottom of a frying pan to bash the **lemongrass**, then finely chop. Roughly chop the **coriander** (stalks and all).



3 FRY THE VEGGIES

Heat a drizzle of **oil** in a frying pan on medium heat. Add the **carrot** and **pepper** along with a pinch of **salt** and a grind of **black pepper**. Cook until soft and slightly browned, 5 mins.



4 MAKE THE CURRY

Add the **garlic, ginger** and **lemongrass** to the pan, along with the **red Thai curry paste**. **★ TIP:** *Some like it hot, but if you're not one of them, go easy on the curry paste, it's got a kick!* Stir together and cook for 1 minute, then pour in the **coconut milk** and **water** (see ingredients for amount). Add the remaining **stock powder** and stir to dissolve. Bring to the boil, then lower the heat and simmer for 4 mins.



5 ADD THE PRAWNS

After 4 mins, add the **prawns**. Stir so they are submerged in the **curry**, and simmer for 4 mins more. **! IMPORTANT:** *The prawns are cooked when pink on the outside and opaque all the way through.* Halve the **lime** and squeeze some **juice** into the pan. Taste and add more **lime juice, salt** and **pepper** if desired. Remove the **lemongrass**.



6 FINISH AND SERVE

Remove the **star anise** from the **rice** and fluff it up with a fork. Serve in bowls with a generous portion of **prawn curry** on top, and finished with a sprinkling of **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	1 sachet	2 sachets
Star Anise	1	1	2
Basmati Rice	150g	225g	300g
Carrot *	1	1	2
Red Pepper *	1	2	2
Garlic Clove *	1	2	2
Ginger *	1 piece	1 piece	2 pieces
Lemongrass *	1 stick	1 stick	2 sticks
Coriander *	1 bunch	1 bunch	1 bunch
Red Thai Curry Paste	¾ pot	1 pot	1½ pots
Coconut Milk	1 small tin	¾ large tin	1 large tin
Water for the Curry*	50ml	50ml	100ml
King Prawns 5) *	150g	250g	300g
Lime *	½	1	1

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 448G	PER 100G
Energy (kJ/kcal)	2431 / 581	543 / 130
Fat (g)	21	5
Sat. Fat (g)	17	4
Carbohydrate (g)	76	17
Sugars (g)	12	3
Protein (g)	22	5
Salt (g)	4.17	0.93

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 10) Celery

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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